This listing of the claims replaces all prior versions and listings of the claims in

the application.

1-8. (canceled)

9. (original) A composite comprising:

flax in an amount of about 20-140 parts by weight;

a polymer resin in an amount of about 100 parts by weight;

at least one stabilizer in a total amount of about 1-8 parts by weight;

at least one lubricant in a total amount of about 1-15 parts by weight; and

at least one process aid in a total amount of about 1-12 parts by weight.

10. (original) The composite of claim 9 wherein said polymer resin is selected from the

group consisting of polyvinyl chloride resin, high density polyethylene resin, and

polypropylene resin.

11. (original) The composite of claim 10 wherein said polymer resin is said polyvinyl

chloride resin.

12. (original) The composite of claim 10 wherein said polymer resin is said high

density polyethylene resin.

13. (original) The composite of claim 9 further comprising at least one inorganic filler in

an amount less than about 20 parts by weight.

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14. (original) The composite of claim 9 wherein:

said flax is in an amount of about 110-130 parts by weight;
said polymer resin is in an amount of about 100 parts by weight;
said at least one stabilizer is in a total amount of about 2-6 parts by weight;
said at least one lubricant is in a total amount of about 2-8 parts by weight; and
said at least one process aid is in a total amount of about 1-5 parts by weight.

- 15. (original) The composite of claim 14 further comprising at least one inorganic filler in an amount less than about 10 parts by weight.
- 16. (original) A composite comprising:

flax in an amount of about 20-140 parts by weight;
a polymer resin in an amount of about 100 parts by weight;
at least one stabilizer in a total amount of about 1-6 parts by weight;
at least one lubricant in a total amount of about 1-12 parts by weight;
at least one foam modifier in a total amount of about 1-20 parts by weight;
at least one process aid in a total amount of about 1-12 parts by weight; and
a blowing agent in a total amount of less than about 2 parts by weight.

- 17. (original) The composite of claim 16 wherein said polymer resin is selected from the group consisting of polyvinyl chloride resin, high density polyethylene resin, and polypropylene resin.
- 18. (original) The composite of claim 16 wherein:
 said flax is in an amount of about 47-70 parts by weight;

said polymer resin is in an amount of about 100 parts by weight;

said at least one stabilizer is in a total amount of about 2-4 parts by weight;

said at least one lubricant is in a total amount of about 2-6 parts by weight;

said at least one foam modifier is in a total amount of about 1-12 parts by weight;

said at least one process aid is in a total amount of about 1-3 parts by weight;

and

said blowing agent is in a total amount of less than about 1 part by weight.

19. (original) The composite of claim 18 further comprising at least one inorganic filler

in a total amount of about 5-15 parts by weight.

20. (original) The composite of claim 18 further comprising at least one weathering

additive in a total amount of less than about 12 parts by weight.

21. (new) A composite comprising:

flax;

at least one polymer;

at least one foam modifier; and

at least one blowing agent.

22. (new) The composite of claim 21 wherein said at least one polymer is selected

from the group consisting of polyvinyl chloride, high density polyethylene, and

polypropylene.

23. (new) The composite of claim 21 further comprising at least one stabilizer.

24. (new) The composite of claim 21 further comprising at least one lubricant.

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- 25. (new) The composite of claim 21 further comprising at least one process aid.
- 26. (new) The composite of claim 21 further comprising at least one inorganic filler.
- 27. (new) The composite of claim 21 further comprising at least one weathering additive.
- 28. (new) A composite comprising:

flax;

at least one polymer;

at least one stabilizer;

at least one lubricant; and

at least one process aid.

- 29. (new) The composite of claim 28 wherein said at least one polymer is selected from the group consisting of polyvinyl chloride, high density polyethylene, and polypropylene.
- 30. (new) The composite of claim 28 further comprising at least one inorganic filler.
- 31. (new) The composite of claim 28 further comprising at least one weathering additive.
- 32. (new) A composite comprising:

flax;

at least one polymer;

at least one stabilizer;

at least one lubricant;

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at least one process aid;

at least one foam modifier; and

at least one blowing agent.

33. (new) The composite of claim 32 wherein said at least one polymer is selected

from the group consisting of polyvinyl chloride, high density polyethylene, and

polypropylene.

34. (new) The composite of claim 32 further comprising at least one inorganic filler.

35. (new) The composite of claim 32 further comprising at least one weathering

additive.